

## Berry Blast Smoothie

Preparation Time: 5 minutes

# of Servings: 8

Cups of F & V Per Person: 1

Serving Size: 1/8 recipe

### Ingredients:

- 2 cups blueberries
- 2 cups raspberries
- 2 cups strawberries
- 2 cups blackberries
- 1 cup cran-raspberry juice
- 1 cup low fat blueberry yogurt
- 2 cups ice



Directions: Place all items into blender and blend until smooth. Serve immediately.

### Nutritional Facts

Calories 100

Total fat 1g

Saturated fat 0g

Cholesterol 0g

Sodium 20g

Total Carbohydrates 25g

Dietary fiber 6g

Sugar 12g

Protein 2g